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## The community benefits from active Seniors 135<sup>1</sup>

### *National Active Adult Achievement Week starts March 29*

What do over 200 Senior Citizens at the Pickens County YMCA have in common? They are all taking actions to becoming more active, to bettering their health and to improving their quality of life.

Since the introduction last

summer to SilverSneakers,<sup>®</sup> a new program sponsored by Humana Insurance, Senior Citizens from Pickens County have participated in hundreds of the classes designed to increase muscle endurance, range of mo-

tion, cardiovascular health and balance and flexibility.

"The results have been inspiring," says Shawna Talley, SilverSneakers<sup>®</sup> Senior Advisor for the Pickens County YMCA, "We hear every day how this program is improving the health of the participants. It not only prevents the loss of daily functions, it allows Seniors to regain mobility, strength and balance

they may have already lost."

Beyond the specific classes, the participants can also be seen walking the outdoor track, strength training in the fitness center, participating in the aquatics exercise classes and attending the many social events offered to them.

"Senior Citizens who invest in better health not only benefit themselves, but the community as a whole. Healthy Seniors are able to contribute to the com-

munity in a positive way, which in turn, keeps them feeling useful and vibrant. It's really a win-win situation," says Talley.

Events such as a U.S. Troop

"Package Party," where the Seniors will be sending care packages to the troops in Iraq and a trip to a Greenville Drive baseball game are examples of how Senior Citizens continue to be assets to the community.

On March 29, the Pickens County YMCA will kick-off April's National Active Adult Achievement Week with a day of events to encourage Seniors to get out and get healthy.

See what other Pickens County Senior Citizens are already discovering: that health goes beyond physical well-being; it is a strengthening of the mind and of the spirit.